

KEEPING TRACK OF YOUR MEDICATIONS

There are many types of medicine—either prescribed or over-the-counter (OTC)—that can help keep you healthy. It’s important to keep track of all your medicine to prevent harmful drug interactions and unnecessary duplication. Keep this in your wallet or purse and **share it with your doctor, pharmacist or other health care provider.**

MEDICATION RECORD FOR (NAME): _____

List all your medicine, such as *prescription, over-the-counter, dietary supplements* and *herbal medicine*.

START DATE	NAME OF MY MEDICINE	HOW MUCH DO I TAKE?	WHEN DO I TAKE IT?	WHAT DO I USE IT FOR?	SPECIAL DIRECTIONS
4/99	EXAMPLE	1 tablet, 400 mg	3 times a day	Arthritis	Take with food

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OTHER INFORMATION

LIST ANY ALLERGIES	
LIST ANY PROBLEMS WITH MEDICATIONS	
YOUR DOCTOR	Phone () -
YOUR PHARMACY	Phone () -

QUESTIONS TO ASK YOUR HEALTH CARE PROVIDER OR PHARMACIST ABOUT YOUR MEDICINE

- What is the medicine’s name?
- Why am I taking this medicine?
- How much should I take?
- How long should I take it?
- When and how (empty stomach or with food) should I take it?
- Is it safe to drink alcohol or use tobacco while taking this medicine?
- If I forget to take it, what should I do?
- What problems or side effects should I watch for?



Visit the Washington Department of Health Web site at <http://www.doh.wa.gov> for a healthy dose of information.